Building movement into your working day:

We all know we need to move more – our bodies are designed for, and thrive on, frequent movement.

There is increasing scientific evidence of serious negative health effects linked to sedentary behaviour at work, which are not offset by levels of exercise for leisure.

Did you know that regular movement is also good for the mind as it improves blood flow to the brain, increasing concentration, creativity and productivity – win, win!

1. How frequently do you sit for over an hour at a time?
(You are answering this in relation to work, but think about the added effect of what you do in your leisure time too!)

2. Do you block out time for breaks, set reminders and take actually them?

a. For time away from your desk? ○ **Yes** ○ **No**

b. Between video calls for self-care e.g. drink water, bathroom break, move and walk? ○ **Yes** ○ **No**

c. What are your barriers to taking movement breaks? Please give details

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It is really helpful to identify tasks that work well away from the desk and any opportunities to move.

Standing / walking for voice calls or standing for camera-off video calls

Using a different space for non-computer based tasks, for mental stimulation or fresh air

Taking extra steps when getting a drink or going to the bathroom

Stretching and moving between task, "exercise bomb" while the kettles boils

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3. Where can you work away from your desk?
Please give details

4. Do you stretch at your desk? ○ **Yes** ○ **No**

Here are some ideas for stretches that are easily done at your desk
https://backcare.org.uk/wp-content/uploads/2015/01/Exercises-for-Office-Workers-Factsheet.pdf

And have you heard of micropauses?
A micropause is a 5-15 seconds second break taken every 5-10 minutes to refresh tensed muscles
- Release your mouse and close your eyes or look away from the screen.
- Rest your arms on the chair or drop them at your sides.
- Lean back, breathe deeply, and allow your shoulders to 'droop'.